**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Skeletal/Muscular System “Big Ten”**

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| 1. Periosteum | A tough memebrane forming the outer covering of the bone. |
| 2. Homeostasis | Process the body goes through to keep activities on the inside of the **balanced**  with those on the outside. Example: The body sweats to cool it down. The body shivers to warm it up. |
| 3. Cardiac Muscle | One of three types of muscle tissue that has the ability to contract the heart to pump the blood throughout the body. |
| 4. Skeletal Muscle | One of three types of muscle tissue that is located around the bones and contracts to pull on the bones to make them move. |
| 5. Smooth Muscle | One of three types of muscle tissue that is located in the digestive system and contracts to break down food and push it through the digestive system. |
| 6. Spongy Bone | The inner layer of the bone that **is strong**, **but light weight and filled with spaces**. It is lie girders of a bridge and adds strength without adding mass. It makes up most of the short, flat, and irregular bones. It is found in the ends of long bones. |
| 7. Absorbing Cells | Cells found in the small intestine that take in the digested food and transport them to the blood. |
| 8. Assembly Cells | Cells that put together chemical substances in your body and transport them to the needed areas. |
| 9. Involuntary Muscle | Muscles that contract on their own without you actively moving them. Example: Muscles in the digestive system. |
| 10. Epithelial Tissue | This type of tissue forms a protective surface on the outside of your body. Example: skin |